

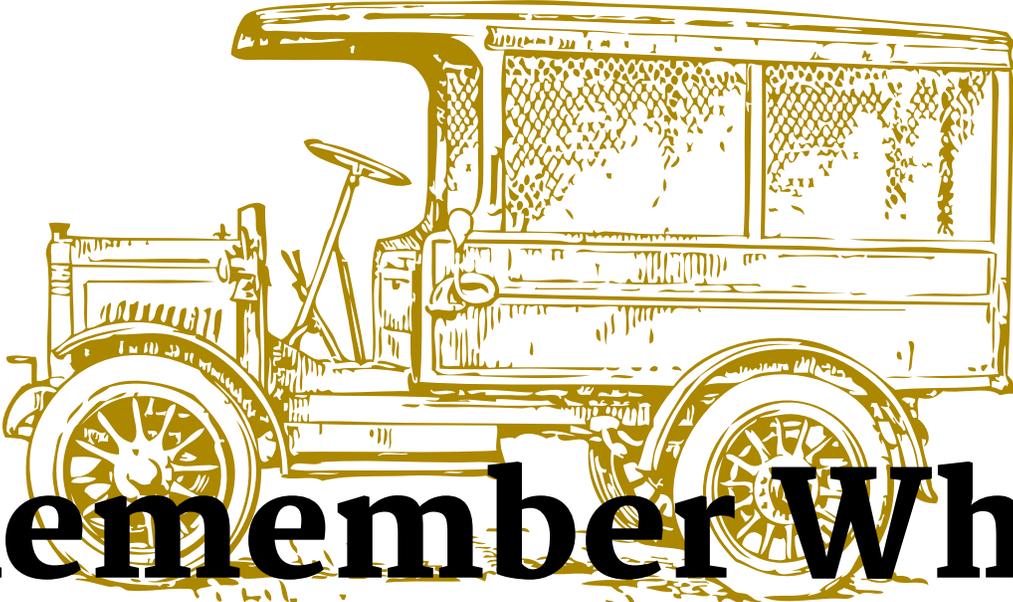


# You Belong

newsletter for students  
of unique backgrounds



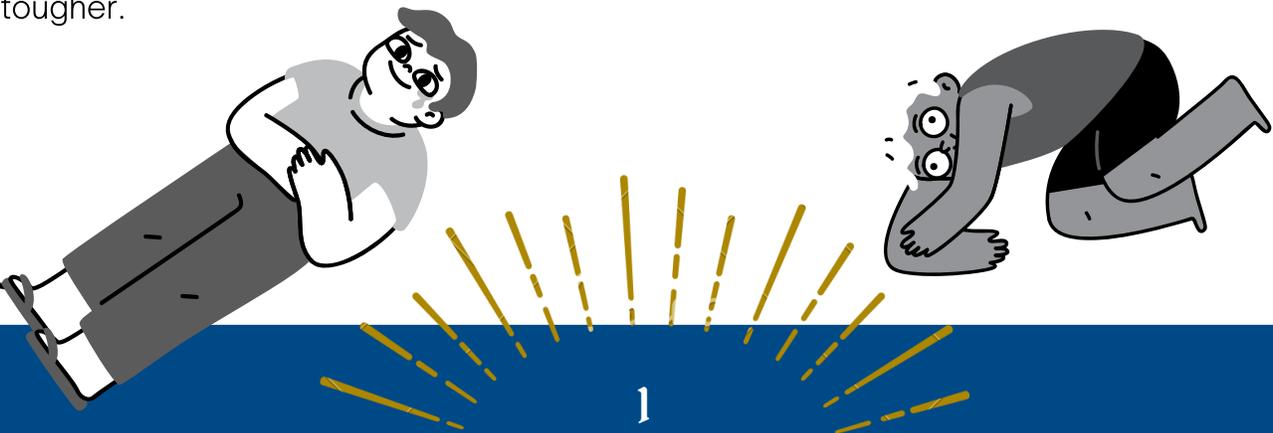
*Created by Dani Massey  
in collaboration with the Transition & Support Team  
of Lawrence University*



# Remember Why

*Written by Dani Massey*

Winter Term is rough. Everything from the stress of being a young adult to treading through the snow every day, life at Lawrence can be daunting. Enough said. At this point in the term, it is helpful to remind yourself why you started on this academic and personal journey to begin with. You bring valuable experiences to this campus and you deserve to achieve the things you set out to do. Sometimes it's hard to do, but it's definitely worth it. Here are some tips to help keep your dreams close. Place reminders about what keeps you motivated around your workspace. They could be sticky notes on your desk or pictures around your room. Motivational quotes on your phone background, too. Staying connected can serve as a safety net to keeping your goals alive. Talk to people close to you about what keeps you going. They can help keep you accountable and offer support what you need it. As counterintuitive as it seems, now may be the time to find a new passion and take breaks more often. Go to bed early, take naps, chill out in comfy pajamas. If you find something fun to do it open opportunities to join new communities and feel more fulfilled. And lastly, be patient with yourself. Heavy course loads, work, and life outside the classroom add up quickly. If things don't go just right, remembering that you are doing your best and still worthy of your education can keep you grounded. Education is tough, but you are tougher.





# Say What?

## Poll of the week

Come back next week to see the results

What social media would you prefer to see school-related content on?

Use the code to submit your answer!



SCAN ME

## Last edition's results:

Will you be playing The Great Midwest Trivia Contest, Jan. 29 - 31?

**Yes! I'm a trivia master.**

**I'm not sure.**



## Lawrence Lingo

What's what and who's who on campus

## Winter Carnival

Every year the university hosts a ton of fun, winter-themed events for students all around campus at the beginning of February.

From grocery bag Bingo to a Superbowl party, there's something for everyone. There's even a gingerbread house contest!

This year there will be a combination of in-person and virtual events. Check out **Get Connected** for more info.

# Special Opportunity

## *The Lawrentian* is hiring new writers and photographers!

Lawrence's longest running student publication is looking for fresh perspectives from students just like you.



No experience required.  
All majors welcome.  
Paid gig.

You will get to work in a passionate and supportive environment with other students who care about student voices on and off campus.



Learn more about your own writing style, journalism, and photography while gaining exposure and getting published.

Send questions and concerns to [lawrentian@lawrence.edu](mailto:lawrentian@lawrence.edu)

Apply online at <https://bit.ly/2LB8L5D>

Or scan code for application.

We can't wait for you to join us!



# Your Questions Answered

Anonymously asked, proudly answered.

**Anonymous asked:**

**"Email is so stressful - especially with COVID amplifying our use of technology! Do you have any tips for managing emails & focusing on one at a time?"**



That is so relatable, Anon! We've been swamped with even more e-mails since COVID started, too. Managing technology induced stress is tough, especially now that all of our work and socializing takes place online. Here are some solutions that we came up with to help.

Try to keep your inbox cleared so that you don't have to see that big number on a red notification. If you don't feel like you can delete most of what comes in, sort it out into folders. You'll probably find yourself less worried about the clutter after you've done that.

Set clear boundaries about how you want to use email. Are you using email on all of your devices? You may be feeling bombarded from its constant presence in your life. Consider using email on only your computer so it is contained in one area. You will begin to think about checking your email less frequently. If you do this, your screen time caused by emails will be limited and your brain will get a proper break from this task. You can still be successful and professional and not be connected 24/7.

Dedicate specific windows of time for checking your email. It might be challenging at first, but you will learn when you get your highest influx of messages and be able to reply to them promptly. For example, you may get a lot of emails in the early...

# Your Questions Answered

Anonymously asked, proudly answered.

... afternoon, but you have a class during that time, give the half hour after your class to replying and only check back if you are expecting something important. Did you know that it is considered professional to reply to emails between 24 and 48 hours after receiving them? That means you've got a little bit of time before you get to them. Another way to only use specific times for email is to adopt a "business hours" model for the frequency of your responses. Figure out what time period during the day is your "workday." Just like how some business are only open from 9 to 5, you have a range of time during which you do the most work—and it can be any period of time during a normal day. Respond to emails only during your "business hours" and leave the rest for next time. You can set an automated reply that lets senders know you are away and will get back to them soon.

While you sit down to actually write emails, did you know that Outlook and other email services have features that let you schedule your emails? Take a minute to learn how to use it since it's pretty simple. On Outlook there is a little arrow on the send button that will give you the option to schedule. You can plan a whole week of emails this way and none of them will be late!

It's important to remember to prioritize your mental health, so if you're feeling excessively anxious or down just take a break until you feel calmer.

Obviously, this advice isn't the end all be all of solutions to email problems, but hopefully it gives you a couple ideas to try. You may need to incorporate more than one strategy at time or get creative to find something that works for you. Let us know if you come up with anything!

Scan the code to submit a question. You can leave your email for a direct response too.





# Get Connected

## Upcoming Events

02/01 @ 4:00PM CST

QPR Suicide Prevention Training @ Zoom,  
Register online @ <https://bit.ly/3oBaHIt>

02/01 @ 4:30PM CST

Virtual Meditation  
@ Zoom, Meeting ID: 398759940

02/02 @ 11:15AM CST

Physically Distanced Yoga  
@ Wellness Center Gym

02/02 @ 3:00PM CST

Take a Hike, First Year Student Event  
@ Esch Hurvis Center for Spiritual and Religious Life

02/02 @ 4:00 - 8:00PM CST

Winter Carnival: Giant Snow Globe @ Warch CC

02/02 @ 7:00PM CST

Winter Carnival: Gingerbread House Contest  
@ Somerset Room, Warch CC

02/03 @ 12:00PM CST

TRX Live on Zoom,  
@ Zoom, Meeting ID: 89173062450

02/03 @ 5:00PM CST

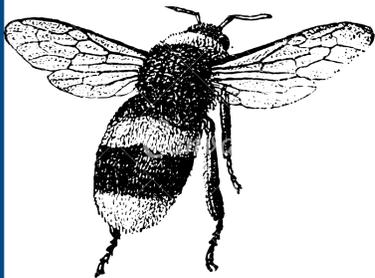
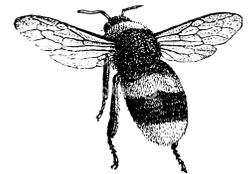
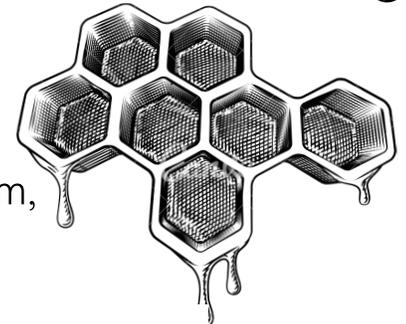
Physically Distanced Yoga  
@ Esch Hurvis Studio, Warch CC

02/03 @ 5:45PM CST

Tai Chi @ Weyerhauser Lobby, Warch CC

02/03 @ 7:00PM CST

LU Reads @ Zoom, Meeting ID: 97059080502





# Get Connected

## Upcoming Events

02/03 @ 7:00PM CST

Winter Carnival: DIY Snow Globes  
@ Somerset Room, Warch CC

02/04 @ 11:00AM CST

Careers in Foreign Service Panel @ Zoom  
Contact: Mandy Netzel, amanda.g.netzel@lawrence.edu

02/04 @ 11:15AM CST

Physically Distanced Yoga  
@ Wellness Center Gym

02/04 @ 4:30PM CST

In-Person Guided Meditation  
@ Esch Hurvis Studio, Warch CC

02/04 @ 5:00PM CST

Sophomore International Dinner  
@ Somerset Room, Warch CC

02/04 @ 7:00 - 9:00PM CST

Bingo with S.O.U.P.  
@ Mead Witter Room, Warch CC

02/04 @ 7:00PM CST

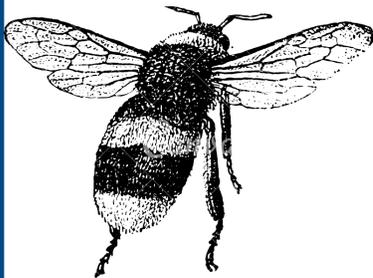
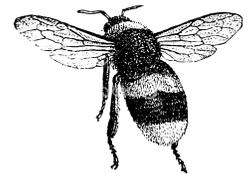
QPR Suicide Prevention Training @ Zoom,  
Register online @ <https://bit.ly/3oBaHlt>

02/05 @ 5:00PM CST

Mudd Library Fiber Arts and Chat  
@ Zoom, Meeting ID: 91889764762

02/05 @ 7:00PM CST

S.O.U.P. Winter Craft Event  
@ Somerset Room, Warch CC



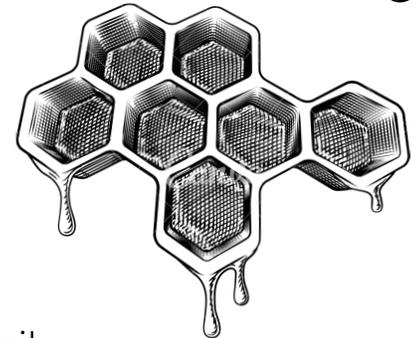


# Get Connected

## Upcoming Events

02/05 @ 8:00PM CST

Faculty recital: Tim Albright, trombone,  
and Mark Urness, double bass  
@ Vimeo Livestream,  
<https://livestream.com/lawrenceuniversity>



02/06 @ 11:00AM CST

Student recital: Beth Fryxell, violin  
@ Vimeo Livestream,  
<https://livestream.com/lawrenceuniversity>

02/06 @ 3:30PM CST

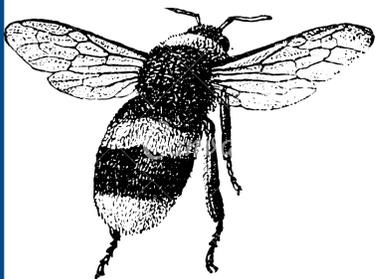
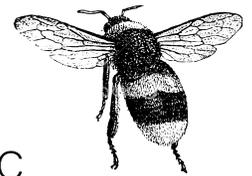
LU Swing Dancing @ Somerset Room, Warch CC

02/07 @ 4:00PM CST

Virtual Mudd: Open Study Hall  
@ Zoom, Meeting ID: 92866678956

02/07 @ 5:00PM CST

SOUPer bowl party @ Mead Witter Room, Warch CC



# Can't get enough of our content?

Find us on the web!



Sophomore, Transfer,  
& First Gen Resources



@StudentLifeAtLU



# Get Connected

## People & Places

**In all emergencies dial 911.**

Appleton police department: (920) 832-5500

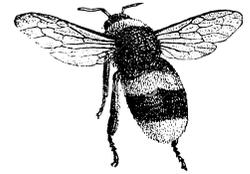
National Suicide Prevention Hotline: 800-273-8255



Accessibility Services: 920-832-7206,  
joanna.morey@lawrence.edu

Associate Dean of Students, Rose Wasielewski: 920-832-7203,  
rose.wasielewski@lawrence.edu

Campus Safety: 920-832-6999



Center for Academic Success: (920) 832-6530,  
CAS@lawrence.edu

Tutoring: 920-832-7022,  
julie.a.haurykiewicz@lawrence.edu



SafeWalk: 920-419-8398, 920-832-6999

Wellness Services: 920-832-6574,  
wellnessservices@lawrence.edu

